



THE **HARMONY**
OF **COLOUR** SERIES

OCEAN OASIS

RELAX AND UNWIND WITH
ADULT COLOURING

BOOK SEVENTY FOUR
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THE **HARMONY**
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OCEAN OASIS

Stressed out at work? Are the pressures of the world getting you down? We guarantee relaxation with these complex Zen and anti-stress colouring pages for adults.

Harmony of Colour Book Seventy Four: Ocean Oasis offers detailed images and patterns that are chosen by experts for their soothing properties.

Be aware of the overall harmony of your colouring rather than focusing on each element individually. Try to balance the colours so that they are a reflection of your emotions of the moment. If the colours of your page are in harmony, then your mind will follow!

Now... grab your pencils or textas and de-stress...



Find Harmony of Colour on Facebook:

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All images: Shutterstock



"The ocean stirs the heart,
inspires the imagination
and brings eternal
joy to the soul."

— Robert Wyland —



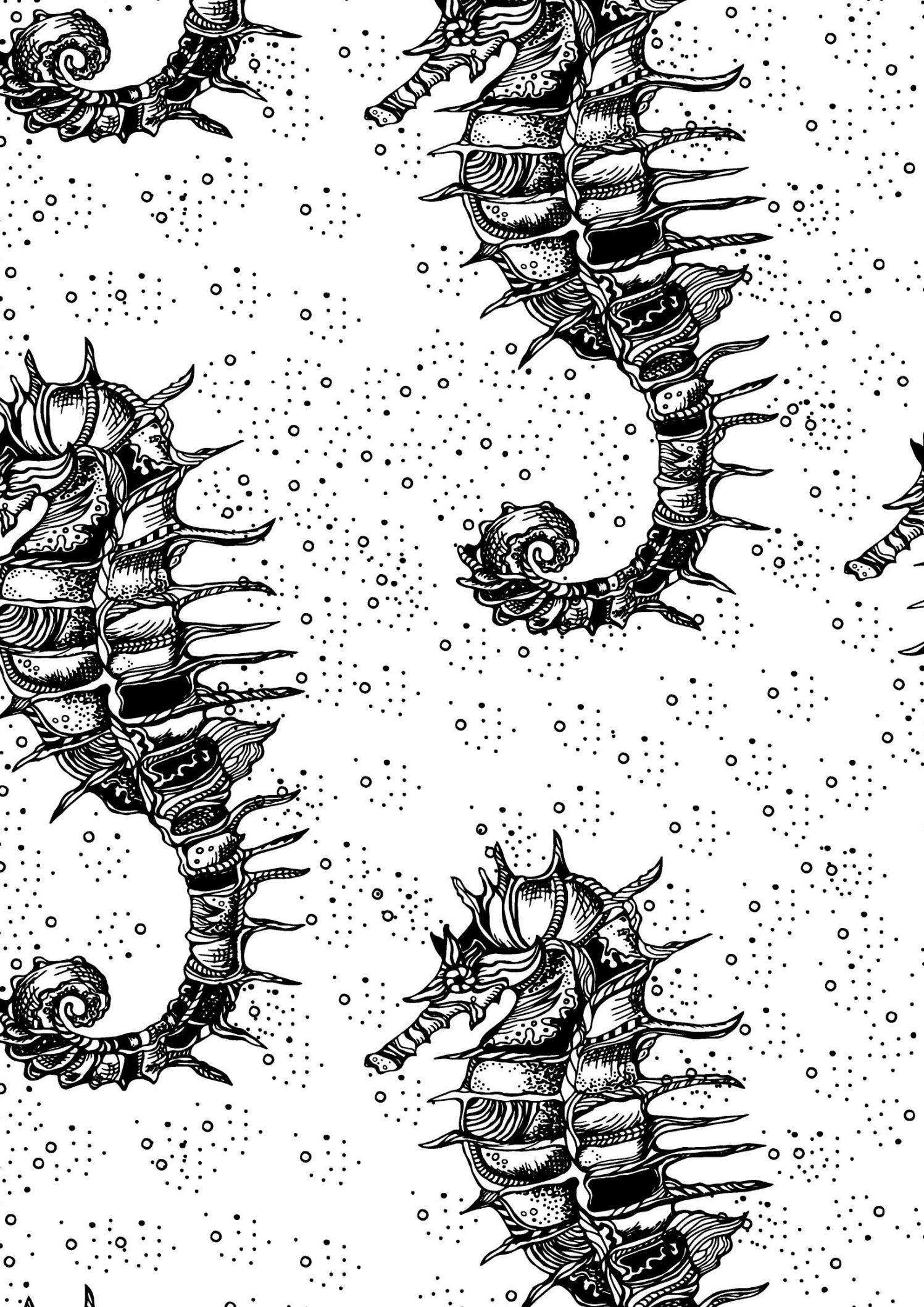
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“At the beach, life is different.
Time doesn't move hour to
hour but mood to moment.
We live by the currents,
plan by the tides,
and follow the sun.”

— Sandy Gingras —



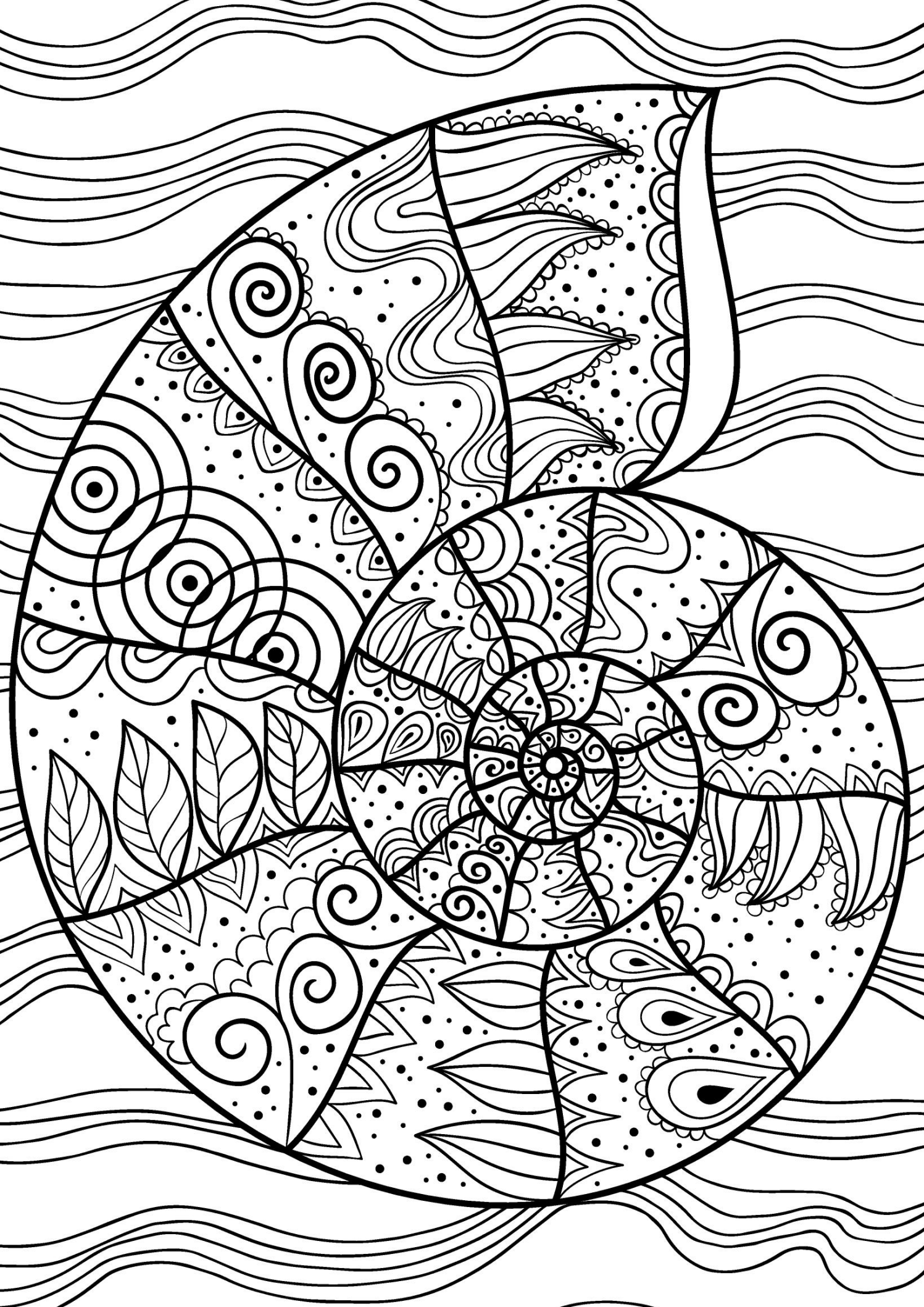
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“The voice of the sea
speaks to the soul.”

— Kate Chopin —



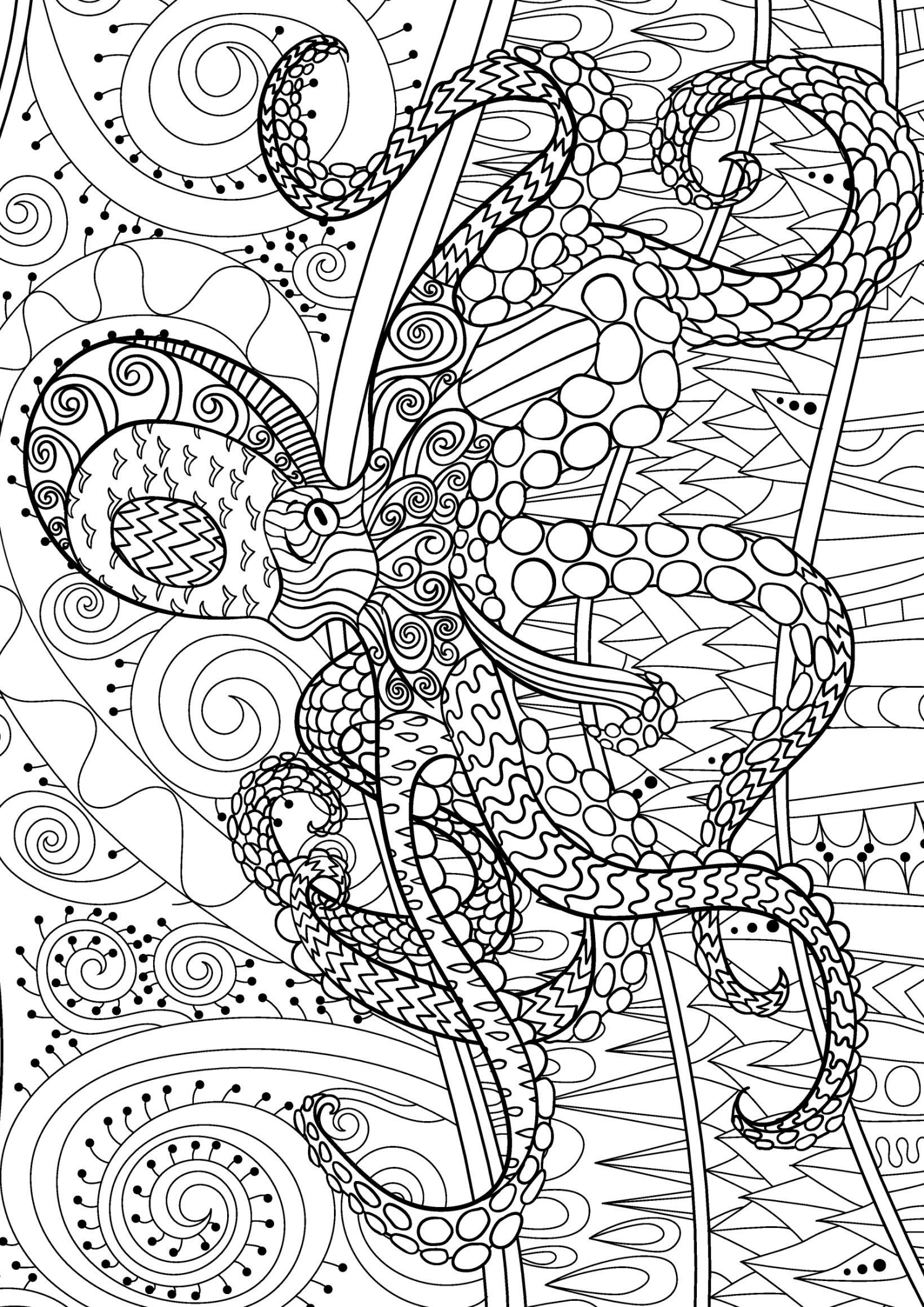
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“Because there’s nothing
more beautiful than the
way the ocean refuses to
stop kissing the shoreline,
no matter how many
times it’s sent away.”

— Sarah Kay —



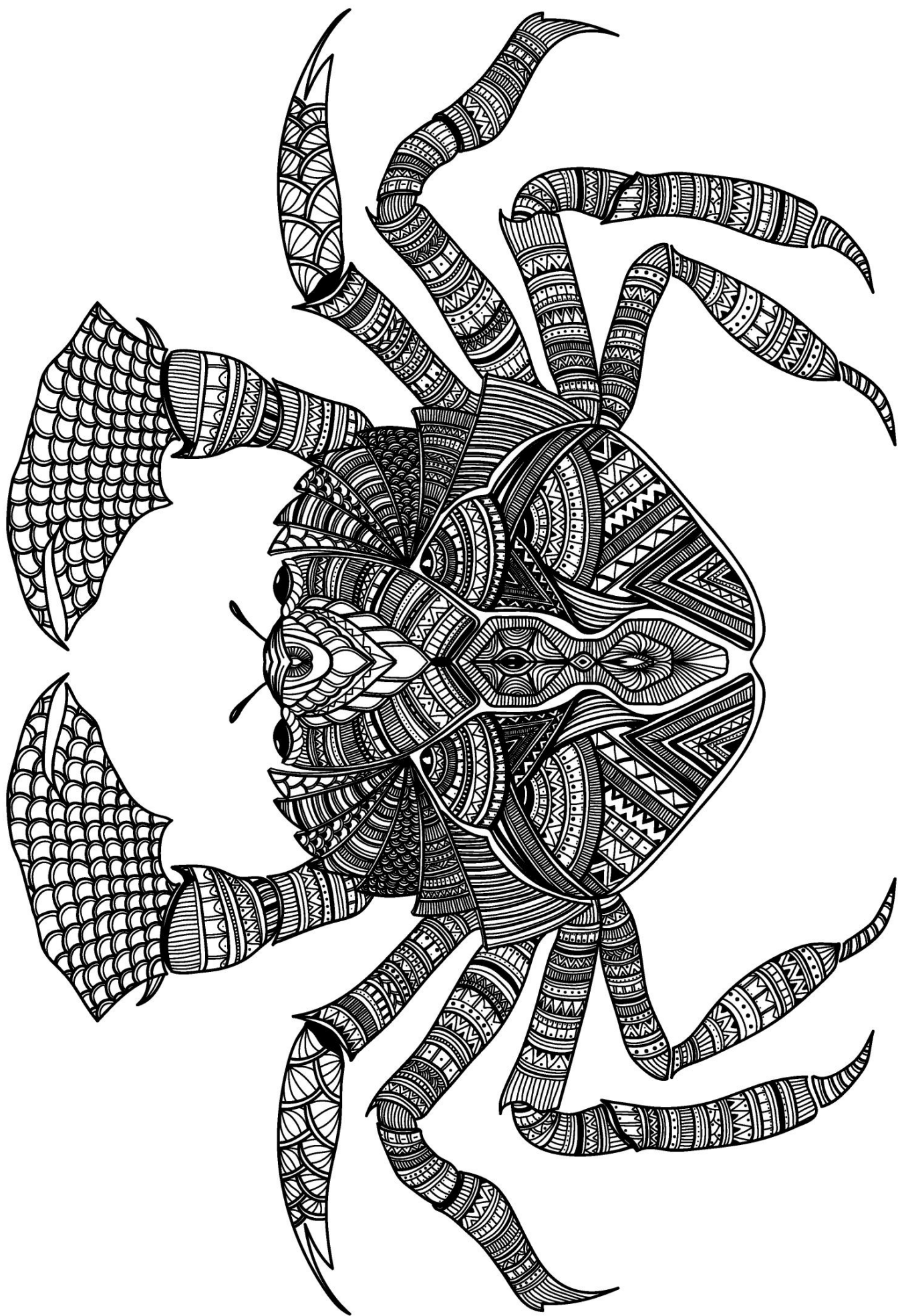
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“The sea, once it casts its
spell, holds one in its net
of wonder forever.”

— Jacques Yves Cousteau —



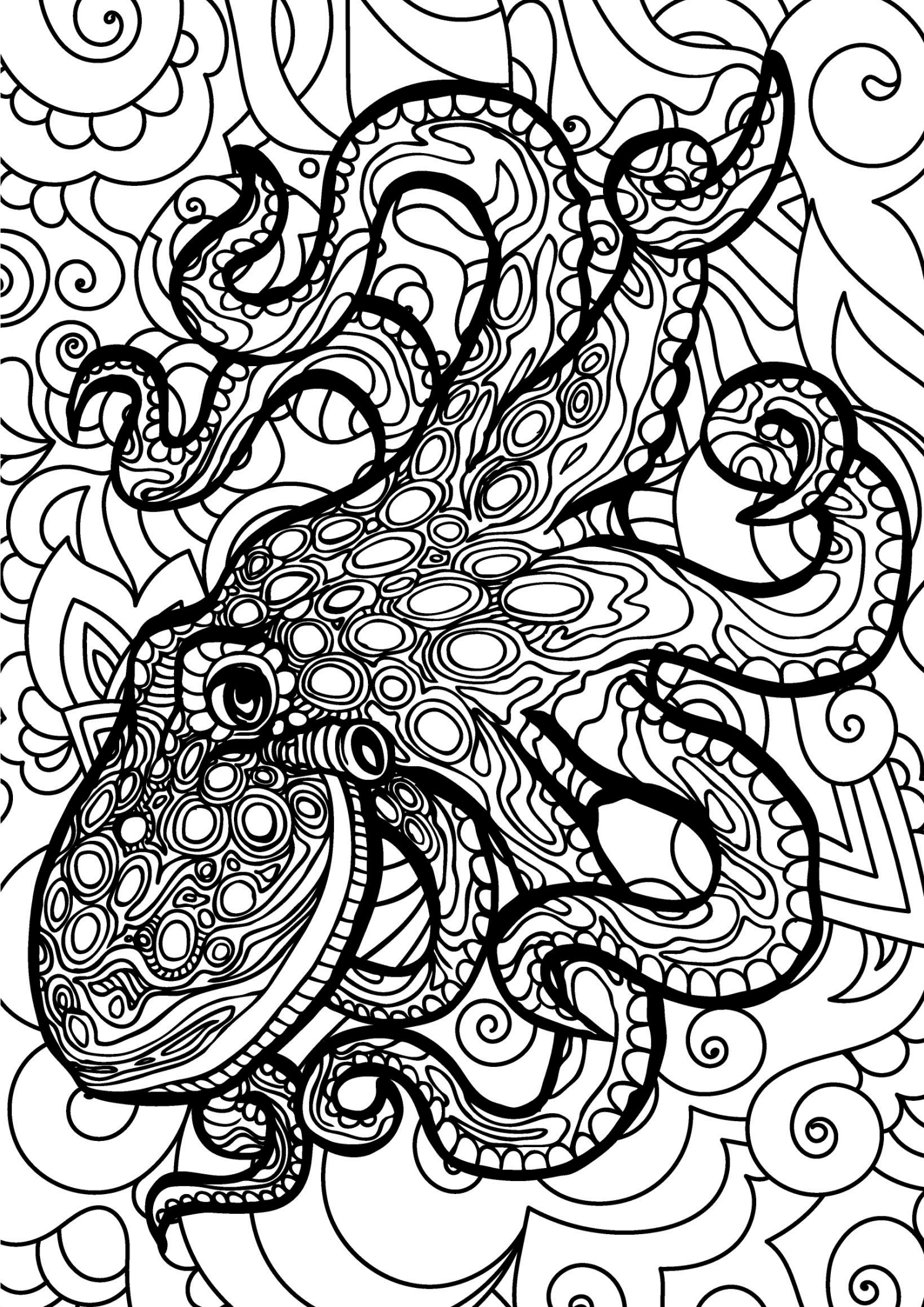
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"On the ocean of life let
your mind be the ship
and your heart be
the compass."

— James David Manning —



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“He wanders, like a day-
appearing dream, through the
dim wildernesses of the mind;
Through desert woods and tracts,
which seem like ocean, homeless,
boundless, unconfined.”

— Percy Bysshe Shelley —



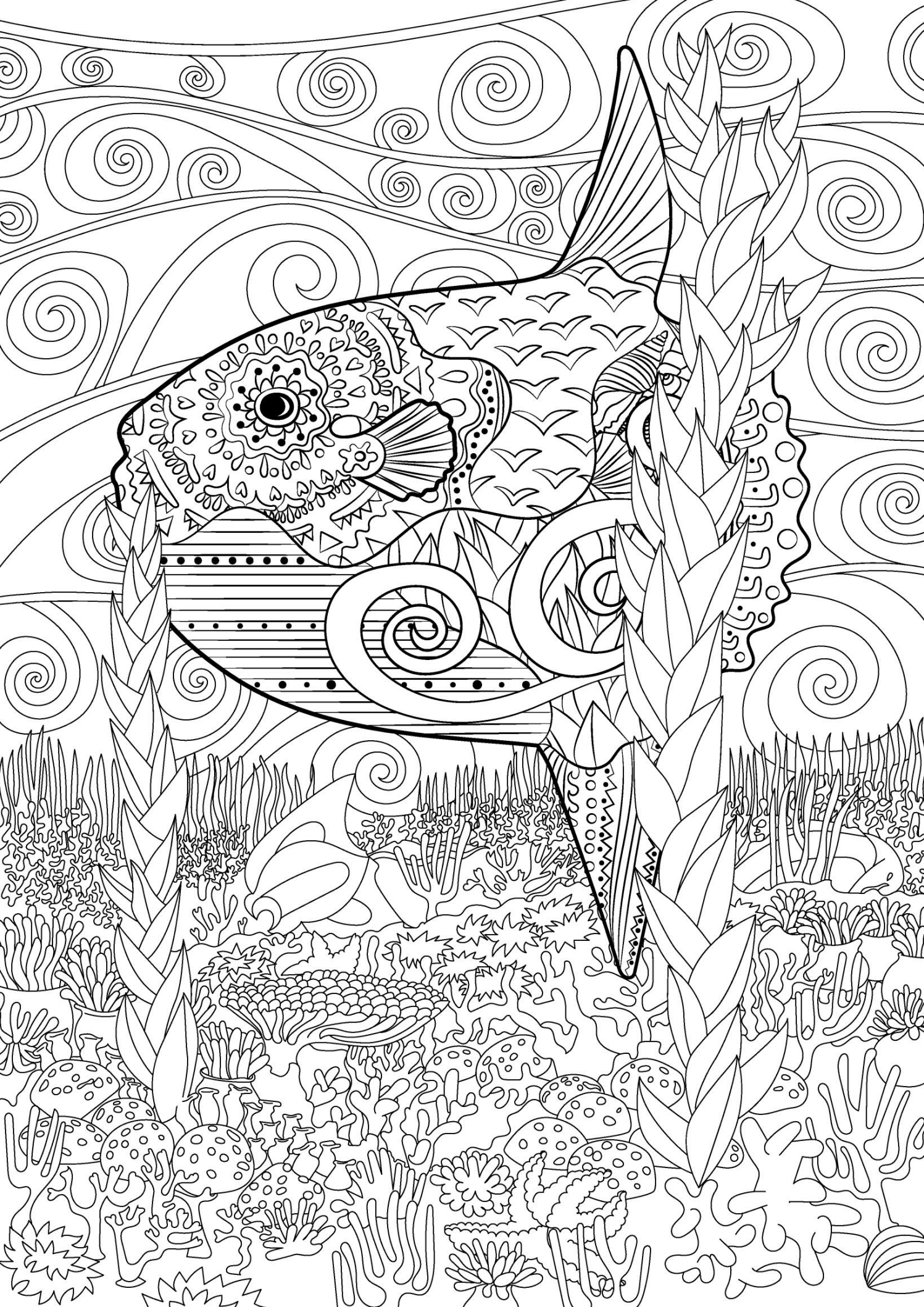
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“My soul is full of longing for the
secret of the sea, and the heart
of the great ocean sends a
thrilling pulse through me.”

— Henry Wadsworth Longfellow —



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"One doesn't discover new
lands without consenting to
lose sight, for a very long
time, of the shore."

— Andre Gide —



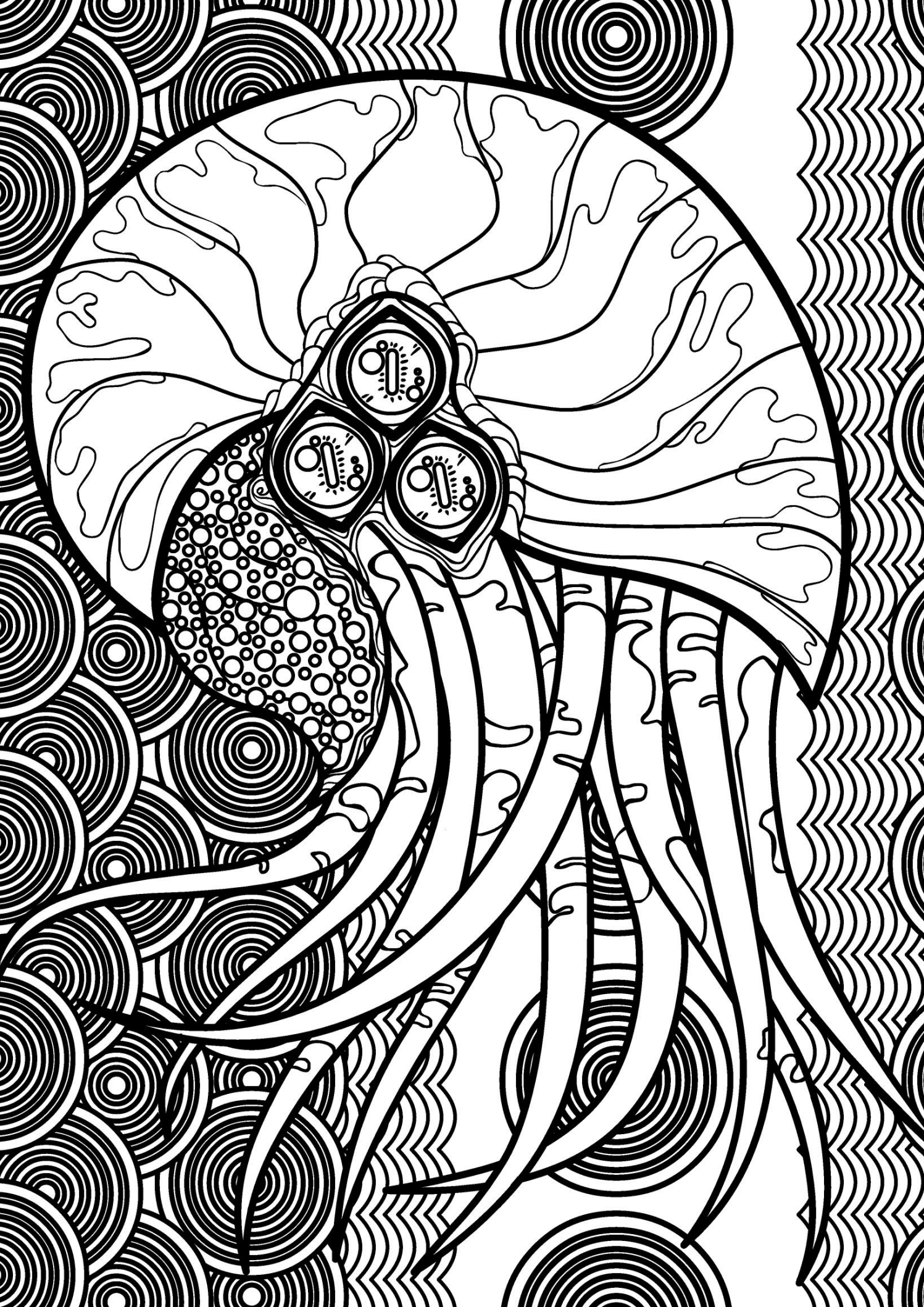
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“The sea is everything. It covers
seven tenths of the terrestrial globe.
Its breath is pure and healthy. It is
an immense desert, where man is
never lonely, for he feels life
stirring on all sides.”

— Jules Verne —



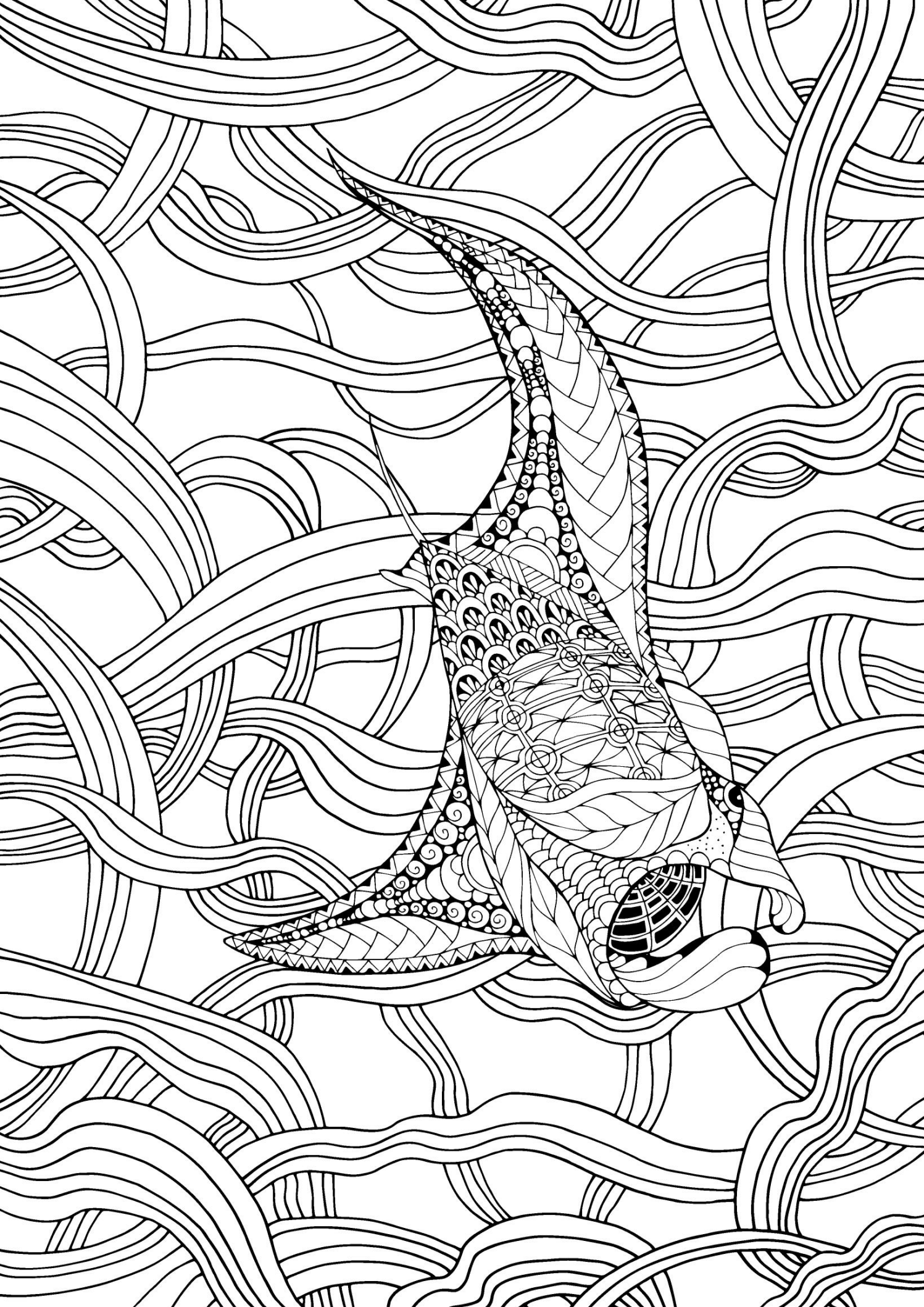
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“We ourselves feel that what
we are doing is just a drop
in the ocean. But the ocean
would be less because of
that missing drop.”

— Mother Teresa —



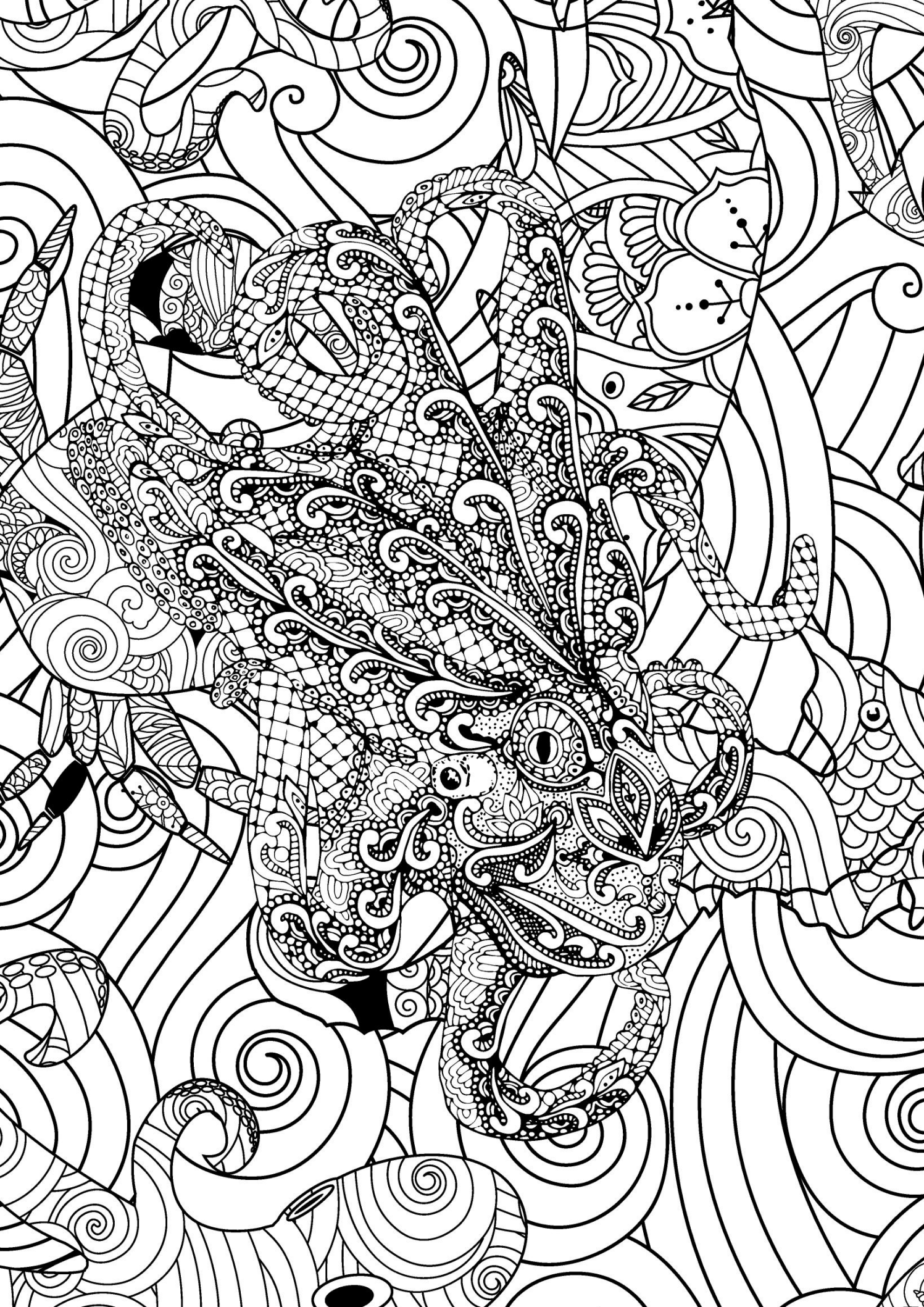
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“We know that when we
protect our oceans we’re
protecting our future.”

— William J. Clinton —



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“Limitless and immortal,
the waters are the
beginning and end of
all things on earth.”

— Heinrich Zimmer —



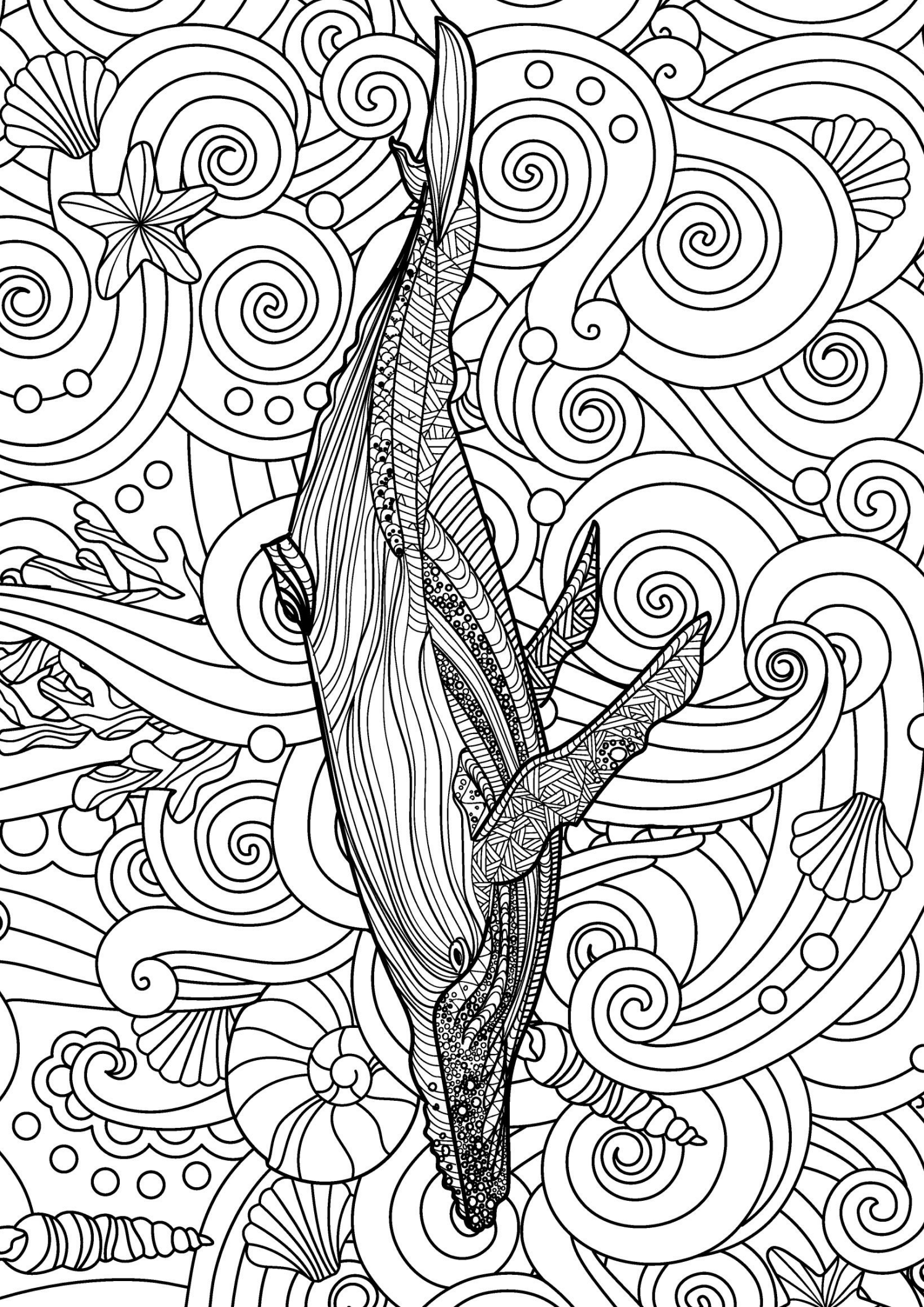
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"The voice of the sea speaks to
the soul. The touch of the sea is
sensuous, enfolding the body
in its soft, close embrace."

— Kate Chopin —



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“You must not lose faith in
humanity. Humanity is an
ocean; if a few drops of the
ocean are dirty, the ocean
does not become dirty.”

— Mahatma Gandhi —



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“The three great elemental
sounds in nature are the
sound of rain, the sound of
wind in a primeval wood,
and the sound of outer
ocean on a beach.”

— Henry Beston —



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“Either you decide to stay in
the shallow end of the pool
or you go out in the ocean.”

— Christopher Reeve —



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“The sea is emotion
incarnate. It loves, hates,
and weeps. It defies all
attempts to capture it
with words and rejects all
shackles. No matter what
you say about it, there is
always that which
you can't.”

— Christopher Paolini —



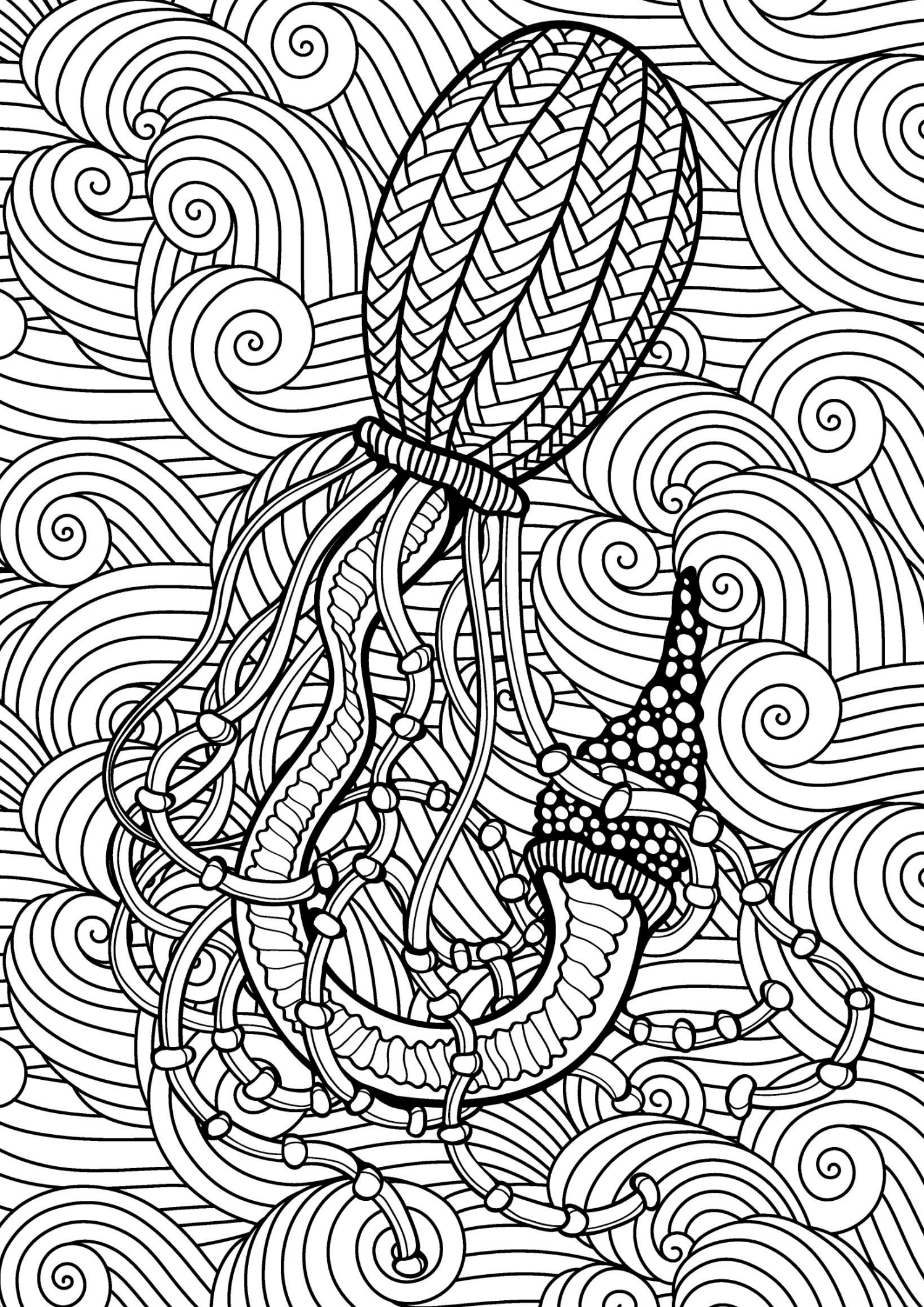
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“How inappropriate
to call this planet
Earth when it is quite
clearly Ocean.”

— Arthur C. Clarke —



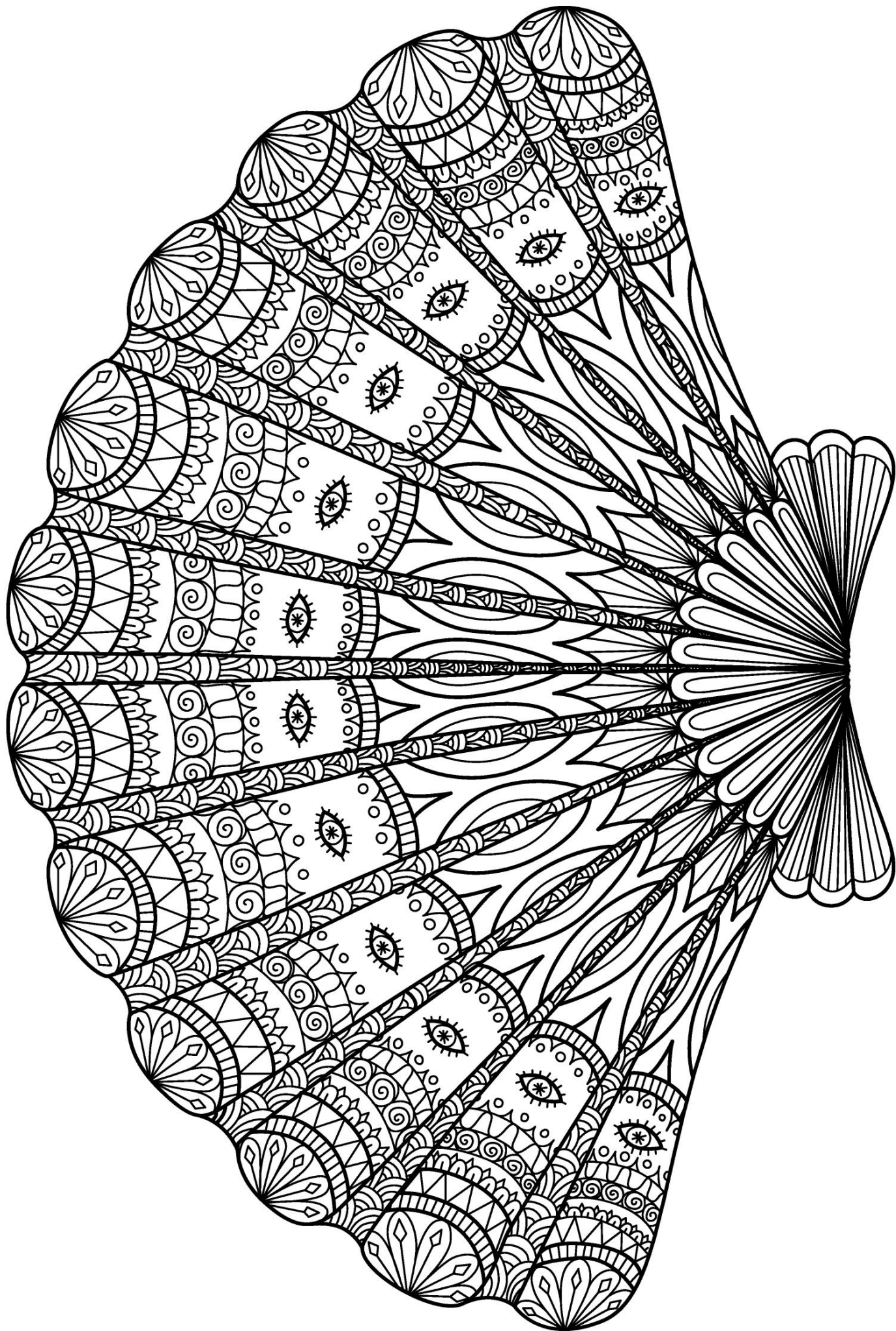
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"We are tied to the ocean.
And when we go back
to the sea, whether it is
to sail or to watch - we
are going back from
whence we came."

— John F. Kennedy —



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“The sea! The sea! The
open sea! The blue,
the fresh, the ever free!
Without a mark, without
a bound, it runneth the
Earth’s wide regions
round; it plays with the
clouds; it mocks the skies;
or like a cradled
creature lies.”

— Bryan Procter —



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"I could never stay long
enough on the shore; the
tang of the untainted, fresh,
and free sea air was like a
cool, quieting thought."

— Helen Keller —



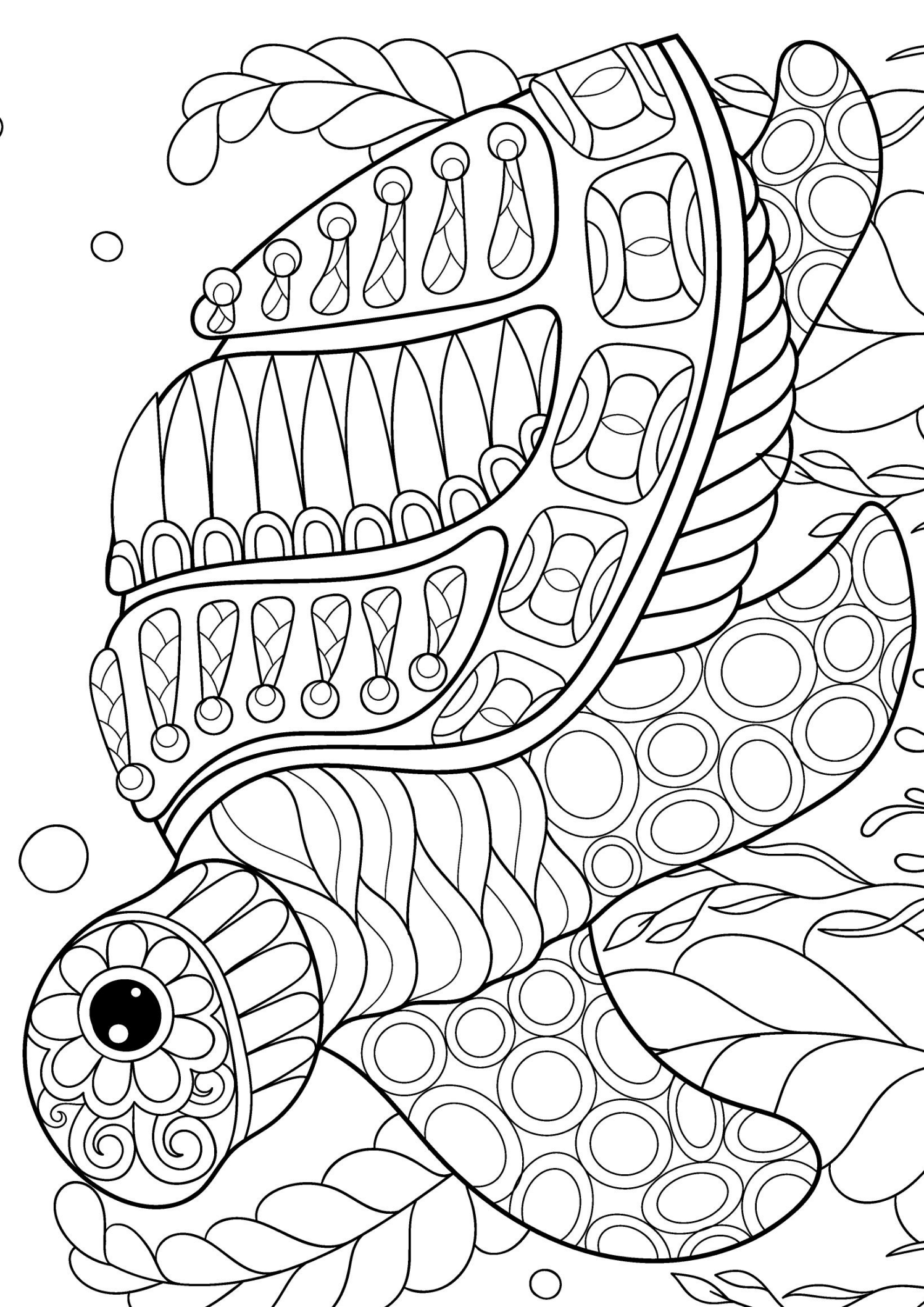
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“To me the sea is a
continual miracle; the
fishes that swim - the rocks
- the motion of the waves
- the ships, with men
in them, what stranger
miracles are there?”

— Walt Whitman —



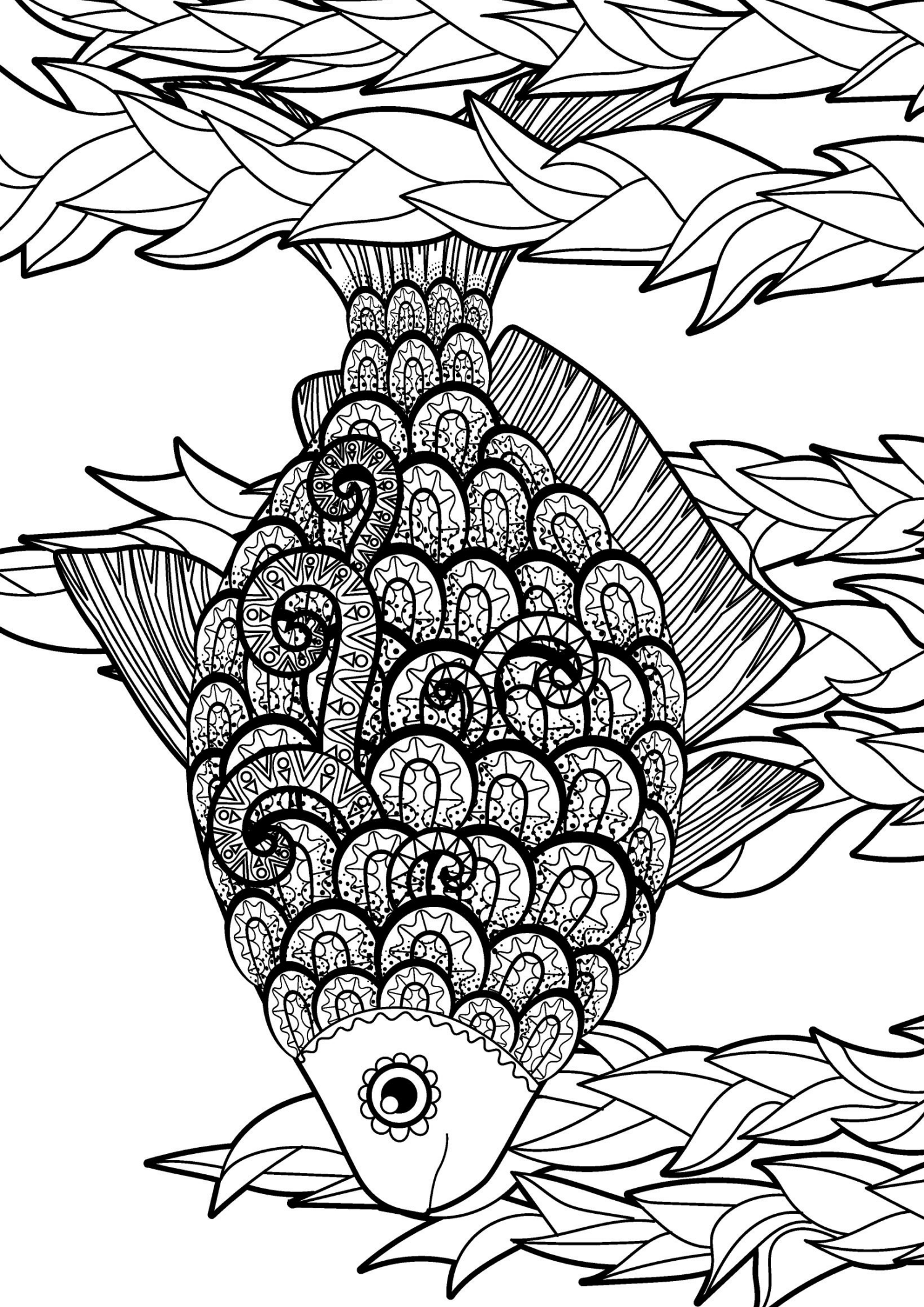
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“Behold the sea, the opaline,
the plentiful and strong,
yet beautiful as is the rose in June,
fresh as the trickling rainbow of July;
sea full of food, the nourisher of kinds,
purger of earth, and medicine of men;
creating a sweet climate by my breath,
washing out harms and griefs from memory,
and, in my mathematic ebb and flow,
giving a hint of that which changes not.”

— Ralph Waldo Emerson —



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"From birth, man carries
the weight of gravity
on his shoulders. He
is bolted to Earth. But
man has only to sink
beneath the surface
and he is free."

— Jacques Yves Cousteau —



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“To go out with the setting sun
on an empty beach is to truly
embrace your solitude.”

— Jeanne Moreau —



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"Ocean is more ancient
than the mountains,
and freighted with the
memories and the
dreams of time."

— H. P. Lovecraft —



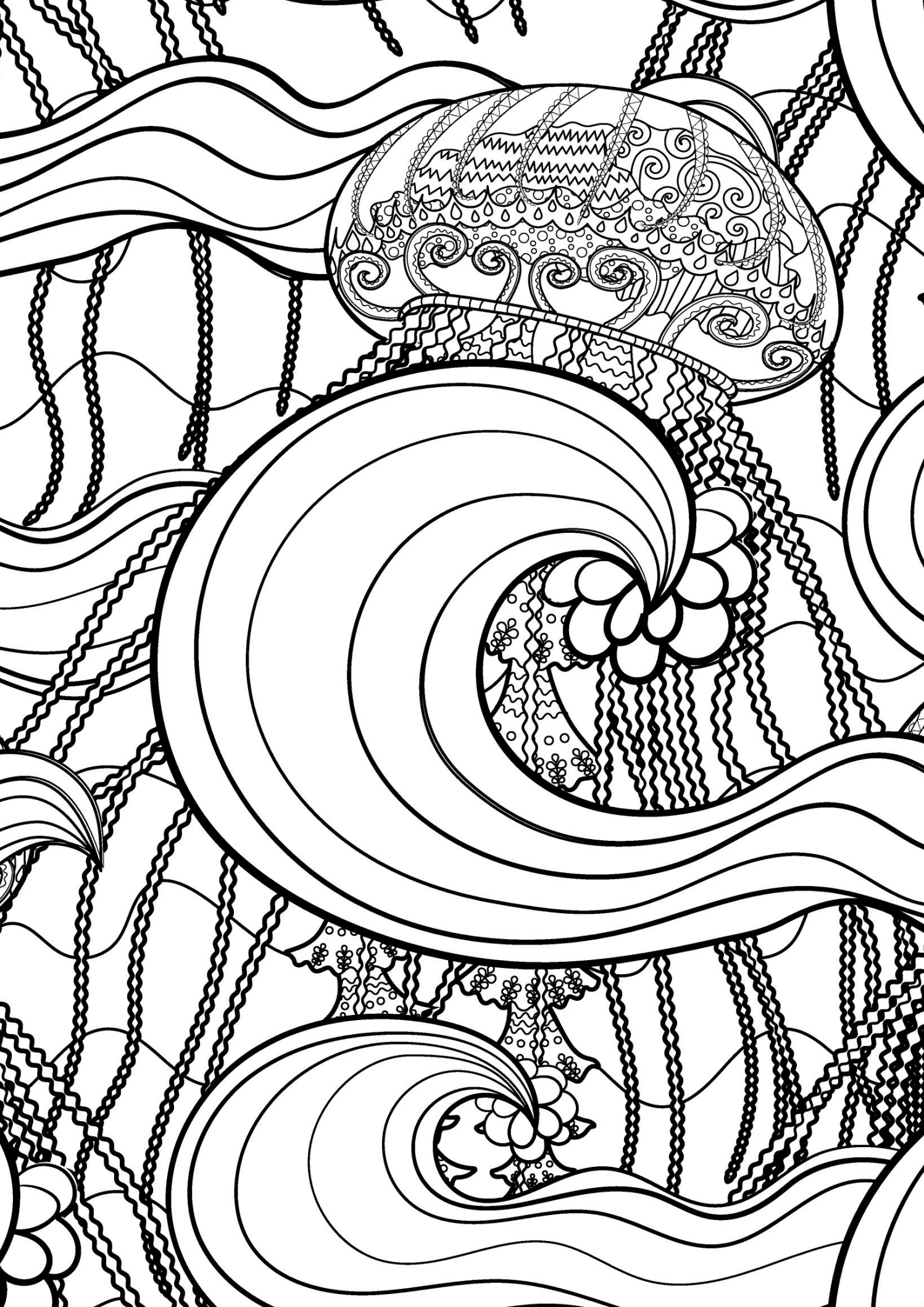
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“The more clearly we can focus
our attention on the wonders and
realities of the universe about us,
the less taste we shall have
for destruction.”

— Rachel Carson —



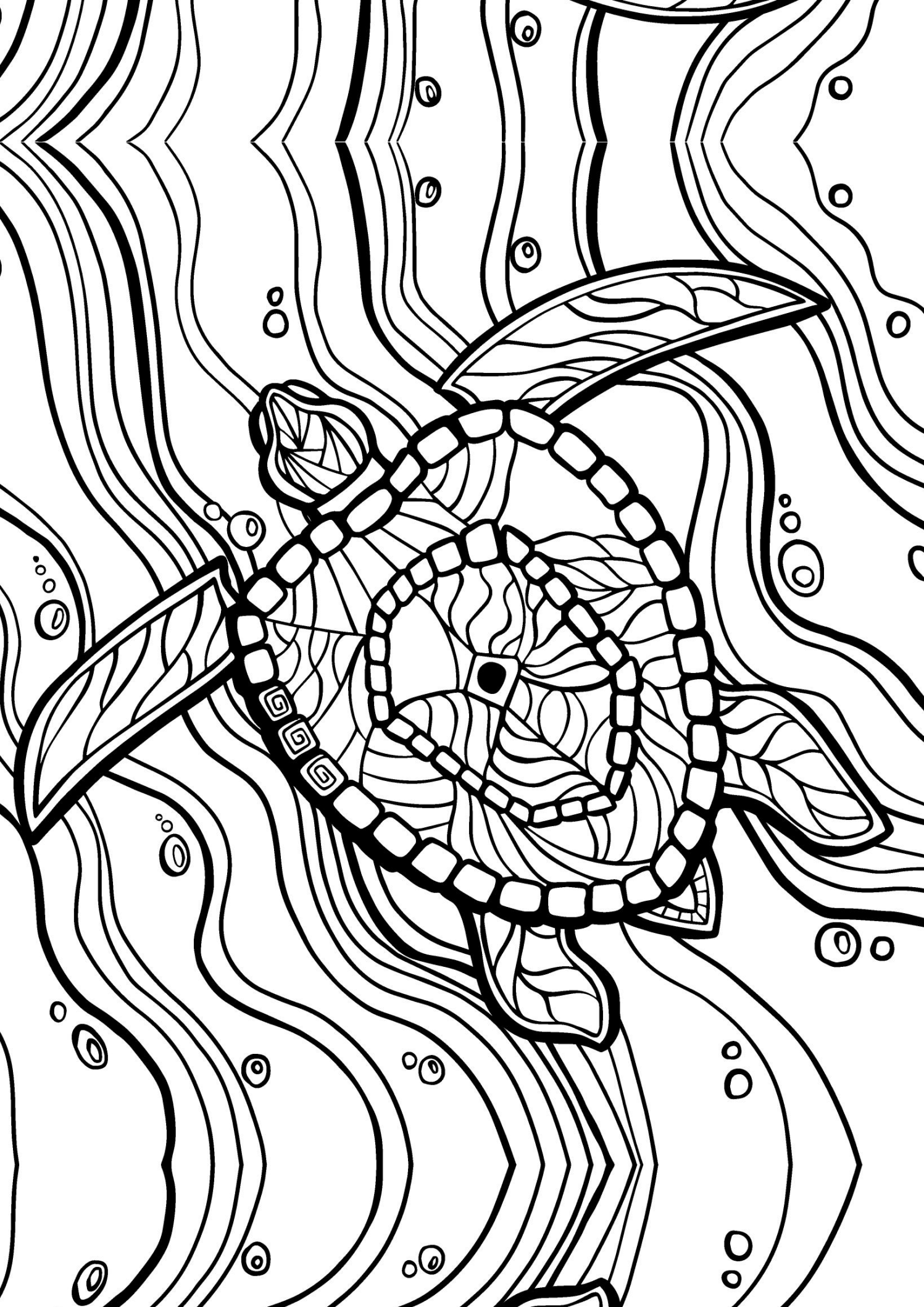
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"We never know the
worth of water until
the well is dry."

— Thomas Fuller —



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“No aquarium, no tank in a marine land, however spacious it may be, can begin to duplicate the conditions of the sea. And no dolphin who inhabits one of those aquariums or one of those marine lands can be considered normal.”

— Jacques Yves Cousteau —



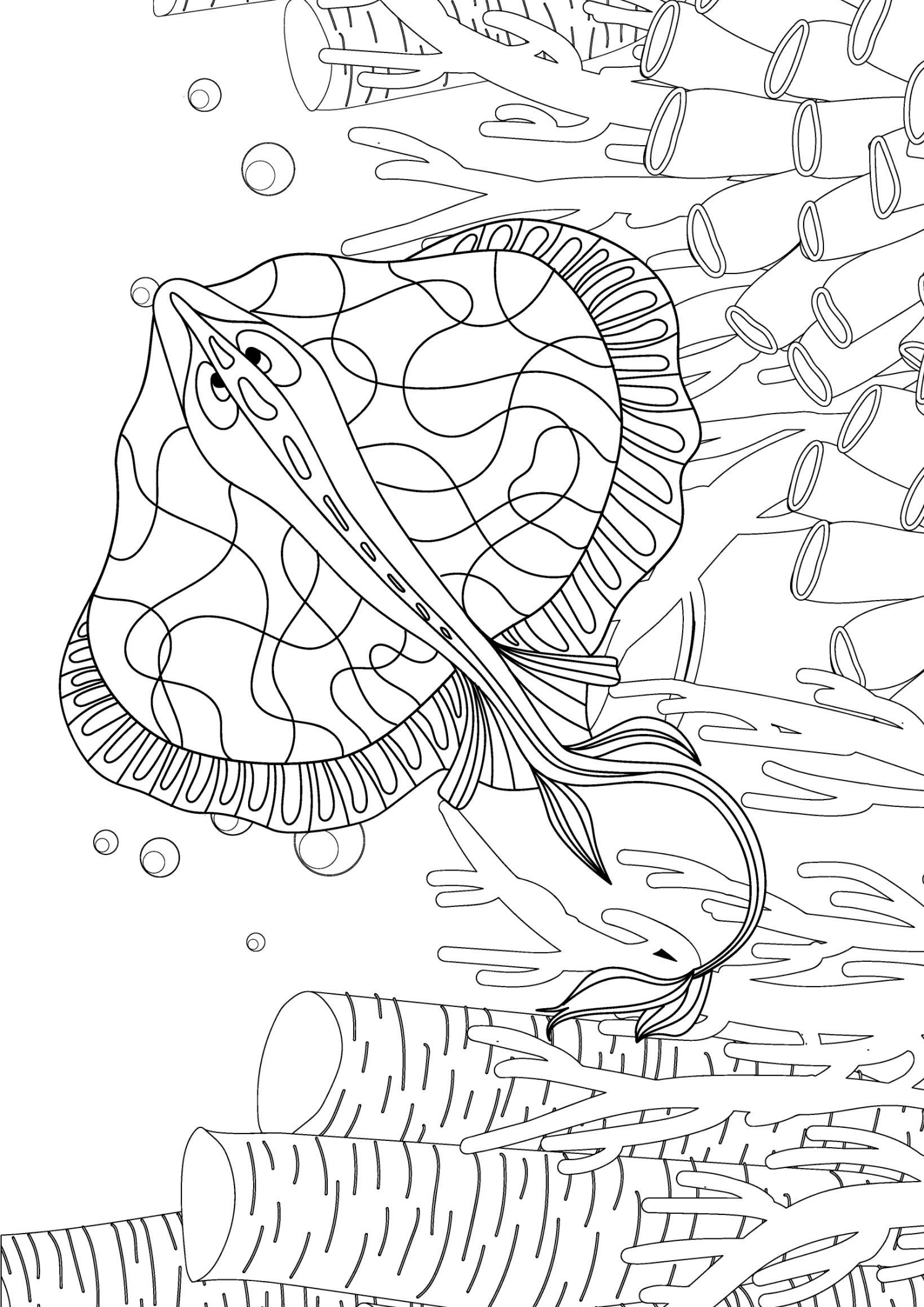
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“With every drop of water you
drink, every breath you take,
you’re connected to the sea. No
matter where on Earth you live.”

— Sylvia Earle —



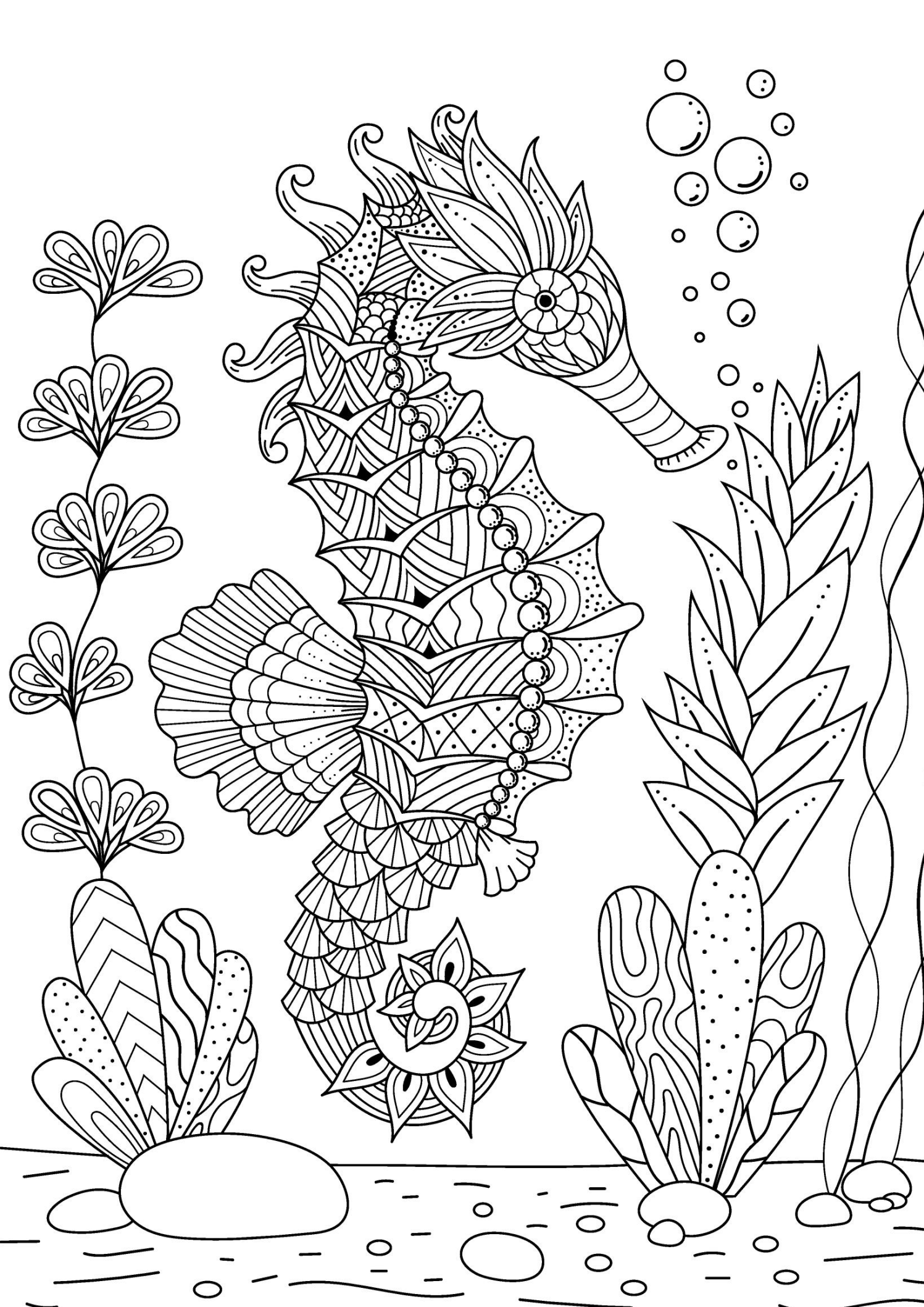
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“In every outthrust
headland, in every
curving beach, in every
grain of sand there is
the story of the Earth.”

— Rachel Carson —



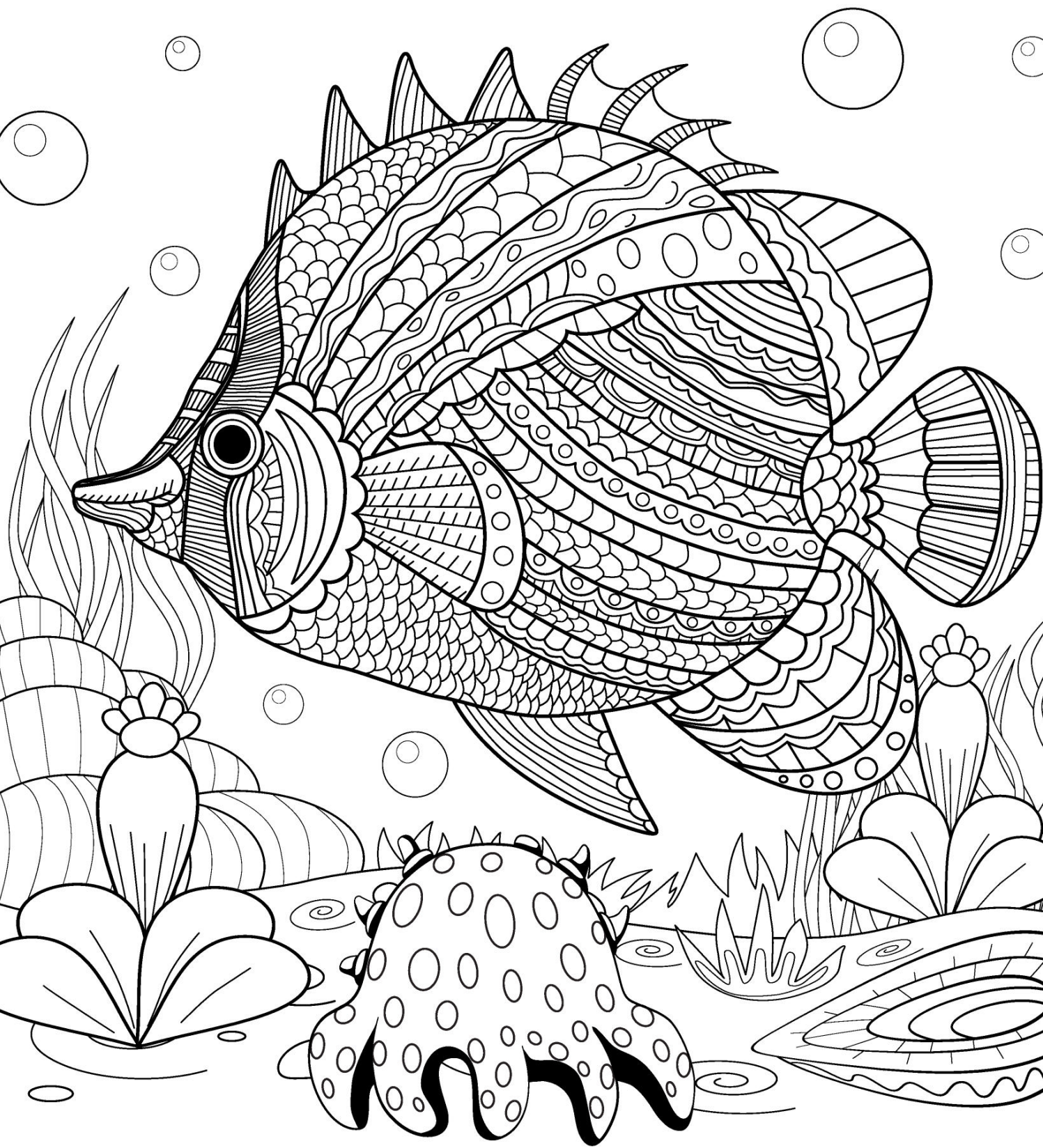
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“Every time we walk along
a beach some ancient
urge disturbs us so that we
find ourselves shedding
shoes and garments
or scavenging among
seaweed and whitened
timbers like the homesick
refugees of a long war.”

— Loren Eiseley —



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“It is a curious situation that the sea, from which life first arose, should now be threatened by the activities of one form of that life. But the sea, though changed in a sinister way, will continue to exist: the threat is rather to life itself.”

— Rachel Carson —



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“The ocean is a wilderness
reaching round the globe,
wilder than a Bengal jungle,
and fuller of monsters,
washing the very wharves of
our cities and the gardens of
our sea-side residences.”

— Henry David Thoreau —



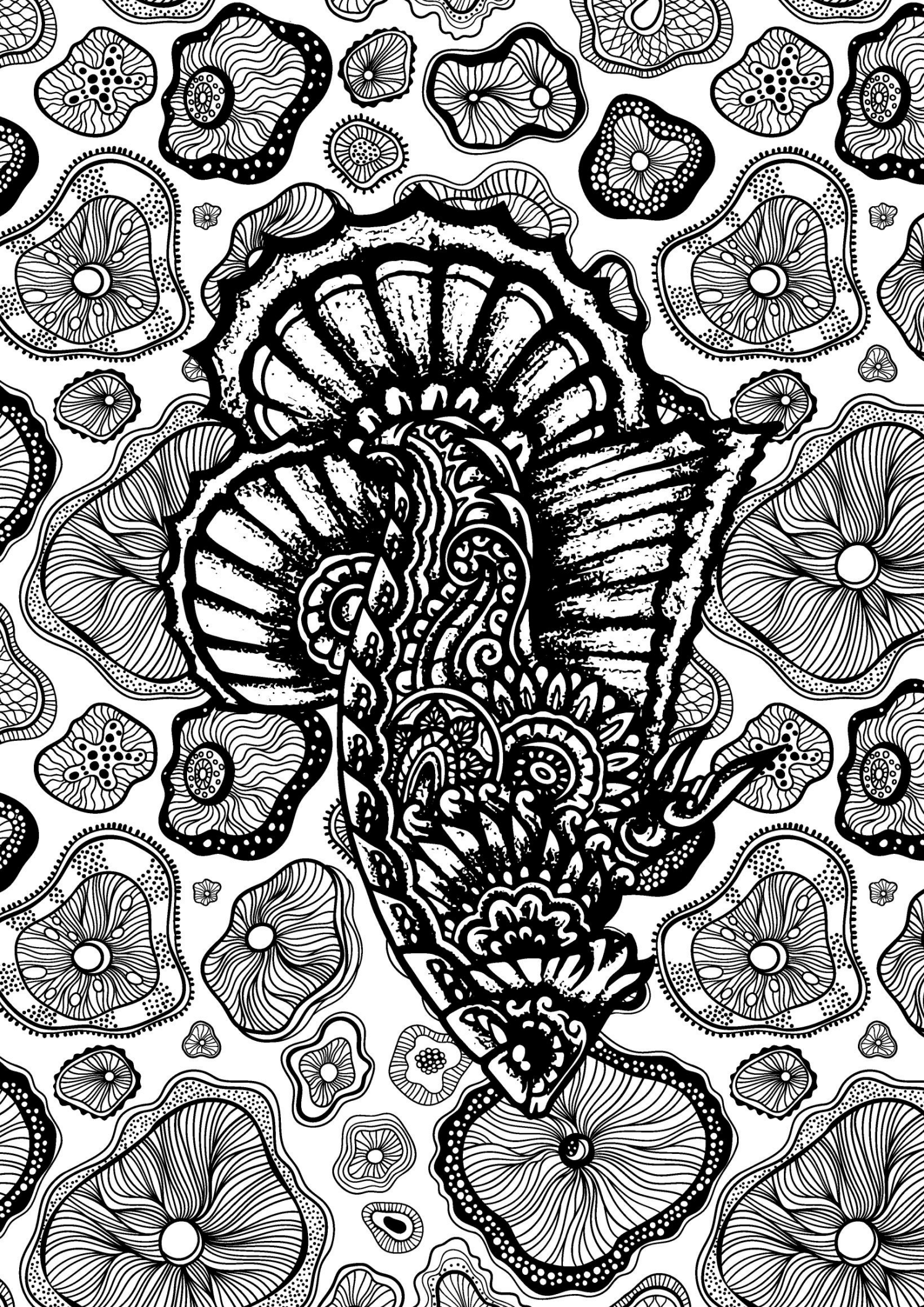
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“The sea does not reward those
who are too anxious, too greedy,
or too impatient. One should
lie empty, open, choiceless
as a beach - waiting for a
gift from the sea.”

— Anne Morro —



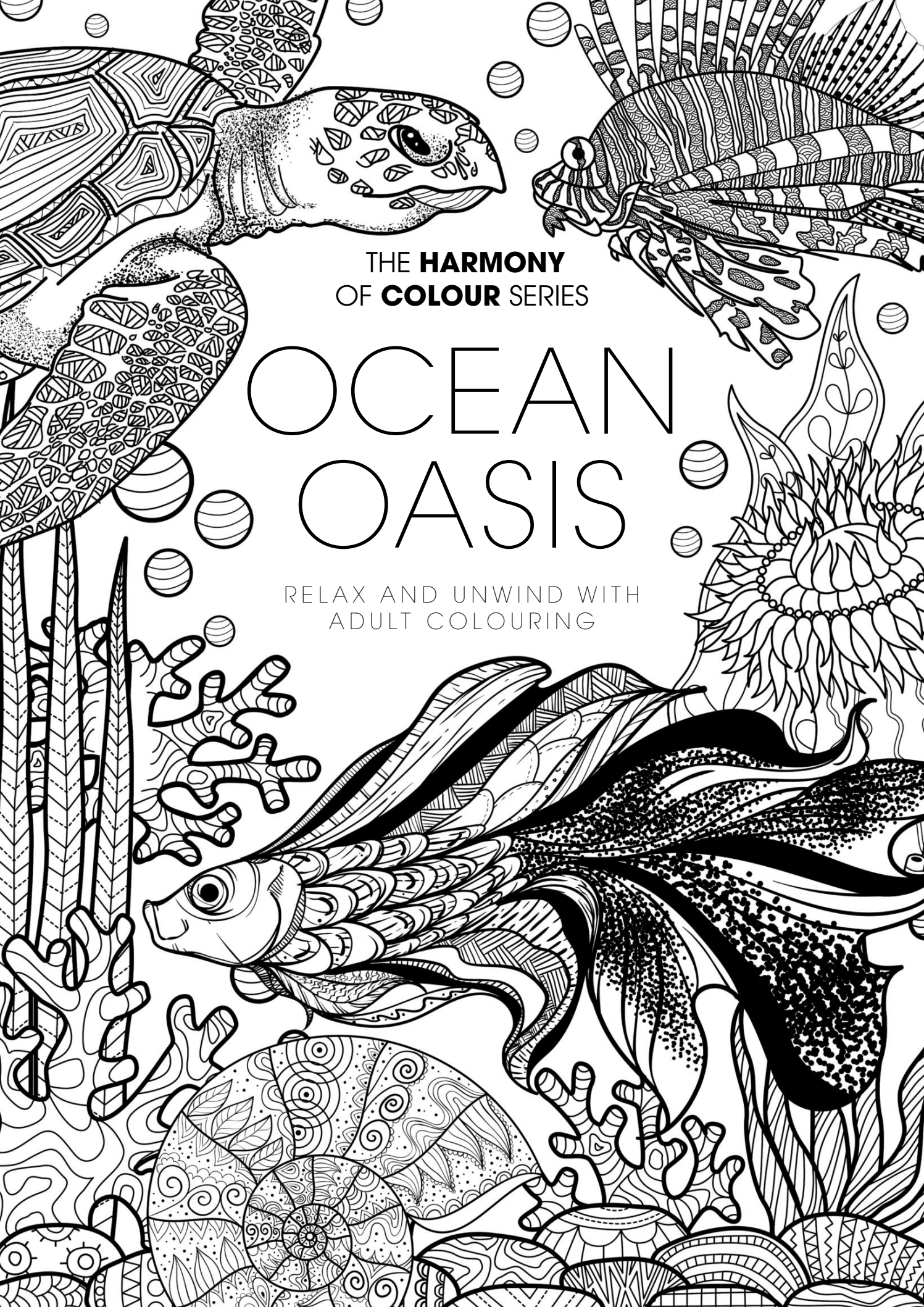
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